

Proper diet ensures children's healthy growth

As we move closer to the 21st century, the issues surrounding child-rearing are becoming more complex. Phyllis Steinberg, editor of Healthy Kids magazine, offers these ten easy, helpful tips to raising healthy, happy kids.

1. *Provide good nutrition.* Parents, teachers and caregivers are concerned, yet confused about nutrition. Keeping nutrition a fun, consistent and balanced part of a child's life is the key to developing healthy eating habits.
2. *Foster a loving, nurturing family.* Unconditional love and a secure environment, balanced with consistent discipline and clearly defined limits, allow a child to face the world with a positive, confident outlook.
3. *Serve as good role models.* Children must be surrounded by

parents and adults who model appropriate behaviors. Positive role models are priceless to children.

4. *Encourage regular exercise and a fit lifestyle.* Exercise encourages camaraderie, it builds self-esteem and confidence. Make fitness a family, and classroom, affair?
5. *Stress preventative health care.* Preventative health care is a top priority for pediatricians and should be for all parents, as well as educators. A positive preventative approach to health care fosters a "well" attitude and lifestyle.
6. *Be in touch with a child's body and mind.* All parents should by "askable parents." Askable parents listen. They provide reassurance, support, and are in tune to a child's physical and mental health.
7. *Nurture self-esteem.* Building

self-esteem does not require perfection, it requires sensitivity, flexibility and humor. Families need to spend fun time together while encouraging creative play.

8. *Provide a safe, protective environment.* Accident prevention is essential for young children, "Must-haves" for children include bicycle helmets, car seats, fire prevention strategies, and the absence of fire arms.
9. *Offer a well-rounded education.* Parents serve as a child's first teacher and should serve as a motivating educator. However, parents need to avoid the "super baby syndrome" i.e., forcing too much, too fast, on children with regard to schooling and education. A child needs to enjoy "just being a kid."
10. *Teach children to have a*

global perspective of their world. Children need to be encouraged to leave a better world behind them. Discussions about recycling, earth preservation and our natural resources should be frequent.

Children are our greatest resource. We need to foster their growth with love, support and guidance.



Information Provided By:

OSU Warm Springs Extension
 1134 Palute Street
 PO Box 430
 Warm Springs, OR 97761
 (503) 553-3238/3239

Trainers receive leadership training

Mona Baez, Tina Aguilar, Raynele Palmer-Martinez, Frank Marsh, Clint Jacks, Julie Lopez, Victoria Saldena, Lynn Haie and Mollie Marsh are newly trained Family Community Leadership trainers from Jefferson County. Family Community Leadership or FCL is a train the trainers program sponsored by Oregon State University Extension Service.



The following OSU Extension personnel recently received leadership training. (back row, left to right) Lynn Hair, Mona Baez, Frank Marsh and Julie Lopez. (front row, left to right) Raynele Palmer-Martinez, Tina Aguilar, Victoria Saldena and Mollie Marsh.

The training is designed to help trainers become involved with public issues. It combines lectures with experiential small group activities. The 75 participants from throughout the state work in small groups to organize a training event to help community groups experiencing organizational problems, such as lack of effective meetings, no volunteer involvement in schools, or passage of a local tax base.

Entering its tenth year, FCL has trained approximately 780 community volunteers. These volunteers have in turn trained thousands of other Oregonians to more effectively address community issues. FCL trainers also serve as local school board directors, city

and county budget committee members, city mayors and councilmen as well as county commissioners.

For more information regarding local FCL opportunities, call Mollie Marsh at Warm Springs Extension Office, 553-3238.

Question use of gas saving devices

Whenever gasoline prices rise, consumers often look for ways to improve fuel mileage and save gas. Although there are practical steps you can take to increase gas mileage, the Federal Trade Commission (FTC) warns you to be wary of any gas-saving claims for automotive devices or oil and gas additives. Even for the few gas-saving products that have been found to work, the savings have been small.

The FTC warns you to be extremely skeptical of the following kinds of advertising claims:

- "This gas-saving product improves fuel economy by 20 percent." The Environmental Protection Agency (EPA) has evaluated or tested more than one hundred alleged gas-saving devices and found only a few that improve mileage and none that do so significantly. In fact, some "gas-saving" products may damage a car's engine or cause substantial increases in exhaust emissions.
- "After installing your product on my car, I got an extra 3-4 miles per gallon." Many ads feature glowing testimonials by satisfied customers. Yet, few consumers have the ability or the equipment to test for precise changes in gas mileage after

installing a gas-saving product. There are too many variables that affect fuel consumption, such as traffic, road and weather conditions, as well as the car's condition. One consumer sent a letter to a company praising its "gas-saving" product. At that time the product was installed, the consumer also received a complete engine tune-up—a fact not mentioned in the letter. The increase in gas mileage may well have been the result of the tune-up alone. From the ad, consumers could not have known that:

- "This gas-saving device is approved by the Federal government." No government agency endorses gas-saving products for cars. The most that can be claimed in advertising is that the EPA has reached certain conclusions about possible gas-savings by testing the product or by evaluating the manufacturer's own test data. If the seller claims that its product has been evaluated by the EPA, ask to see the test results. Or better yet, get a copy from EPA.
- There are some practical steps you can take. The most important place to save money is at the gas-pump; buy only the octane level gas you need. All gasoline pumps must disclose the octane content of

the gas under the FTC's Octane Posting and Certification Rule. Remember, the higher the octane, the higher the price.

To determine what octane level you need, check your owner's manual to find out what the auto manufacturer recommends. But keep in mind, individual cars vary. If your engine "pings" or "knocks," you might need a higher octane or a tune-up. You also can:

- get a tune-up, as recommended in your owner's manual.
- check your tire pressure and, if necessary, add air to your tires. Underinflated tires will cause your car to use more gas.
- remove any excess weight from your car's trunk.

Carpenter ants leave nests, scare homeowners in spring

Every spring carpenter ants leave winter nests and forage their way into some homes causing concern, and occasionally panic, among homeowners.

Carpenter ants are shiny black insects one-half to three-fourths of an inch long. Sighting a few of these wood-boring critters indoors causes many dwellers to conclude that the ants are present in force and converting the home's wooden structure into sawdust.

The sight of a few carpenter ants in the home does not mean you have an infestation problem.

Carpenter ants nest in wood but don't eat wood. Instead they feed on other insects, food crumbs and fruit found on the floors of many kitchens. Usually the carpenter ants you see in the home came in from outside. These ants like to nest in old rotten logs and wood piles, but will forage up to 50 yards away from the nest.

An old stump, log or wood pile near the house is a likely source of carpenter ants seen in kitchens or other rooms. The ants gain entry through cracks around door and window casings and through small spaces or cracks in foundation.

Several insecticides are available to control carpenter ants.

Homeowners wanting to investigate thoroughly for carpenter ants should check the attic and the space beneath the house. Take a flashlight and look for large black ants caught in spider webs. Also look for piles of sawdust made by the ants' boring activity, but don't take that as a sure sign of infestation.

Remember that a lot of sawdust was created when the house was built. A lot of the sawdust falls into

the foundation space and is never cleaned up.

The most likely carpenter ant nesting sites in the house structure will be in wet or moist wood. But carpenter ants also will bore into sound wood under certain conditions.

If the numbers of carpenter ants present in the house indicate a serious infestation it may be advisable to contact a professional exterminator for help.

For control of ants coming into the house from outside, there are spray applications available for use on home foundations that act as a barrier to invading carpenter ants.

4-H exchange program beneficial to all involved

Your family can reap some of the benefits of international travel right at home. The Oregon 4-H/Japanese Exchange Program provides this opportunity by inviting you to be a host family for its' inbound program.

If you offer yourselves as future hosts before your exchange participant arrives from Japan, you will be provided with a biographical sheet and information about the exchange. In the Oregon/Japanese exchange you will initiate correspondence and actually issue the invitation to visit your home. Orientation material will be provided to help you in your preparation.

Apprehension is very natural to experiences like this—yet the most common suggestions we receive from former host families is to tell them to "relax." "Don't make any changes with your lifestyle." "Be yourselves." However, you must also accept the possibility of some shock waves when two totally different cultures come together. This is just another way in which your family can learn and grow together. Your preparation materials are designed to help ease such surprises.

Both urban and rural families are needed. Families of 4-H members, volunteer leaders and Extension staff are especially qualified, but any interested family is encouraged to submit an application. More information about the program is available from your County Extension office and also from the Department of 4-H and Youth Development, Oregon State University, Ballard Extension Hall, 105, Corvallis, OR 97331. Each exchange will have health and accident insurance.

Why not welcome a Japanese visitor in your home? Complete an application and mail it to your County Extension Office or your county coordinator today.

- 4-Hers...are you interested in**
- making new international friends?
 - learning how other cultures live by actually living with them?
 - living among the traditions of another country?
 - learning more about yourself?
 - being an "ambassador" for Oregon and the United States?
 - having an enjoyable time?
- If you answered yes to most of these questions, you'll want to know more about the 4-H/Japanese Exchange Program.
- Who can go?**
- 12-18-year-olds who are enrolled in 4-H by January 1.
 - 4-Hers who agree to do some

- serious preparation, such as language training.
- 4-Hers who are mature and who are ready to explore, to learn and to try new things.
- What is the 4-H/Japanese Exchange Program?**
- It is a two-way host family, cultural exchange coordinated by the LABO, LEX, and UTREK Japanese Organizations and in the United States the Oregon Cooperative Extension Service of Oregon State University.
 - 4-Hers are placed with host families, go to camp and spend several days in Tokyo.
 - The stay is approximately four weeks—beginning about July 20.

- Cost**
- All expenses must be paid by each delegate.
 - The amount is dependent upon the values of the dollar and the Japanese yen.
 - The amount estimated is between \$1500 and \$1900, and provides an orientation session; Japanese-English dictionary; word list; booklet on Japan; insurance; round-trip air-fare from Portland to Tokyo, Japan; travel and other costs in Japan, camp, two or three days in Tokyo; as well as other informational materials.

Sodium noted

One teaspoon of salt contains about 2,000 mg. of sodium. The National Research Council indicates that a "safe and adequate" sodium intake per day is about 1,100 to 3,300 mg. for an adult. Estimates place sodium consumption by adults at 2,300 to 6,900 mg a day. Match the percent of the upper limit (3,300 mgs) of the recommended amount of sodium contributed by the following foods:

PRODUCT	Percent of upper limit of "safe and adequate" amount of Sodium
3 oz. slice of ham	0%
1 dill pickle	30%
½ cup instant pudding	30%
1 oz cheddar cheese	5%
1 reg. fast food cheeseburger	20%
1 oz. corn chips	20%
1 cup broccoli	15%

Soup, vegetables recipes given

- Lentil Soup**
- 2 Tbls. oil
 4 slices bacon diced
 ¾ cup diced carrot
 ¾ cup diced onion
 ¾ cup diced celery
 ¾ cup all purpose flour
 3½ quarts water
 1 cup lentils
 1 tsp. salt
 2 tsp. seasoned salt
 2 bay leaves
 1 tsp. thyme
 ¾ cup powdered beef base or bouillon
 pinch of nutmeg
 pinch of white pepper
 ¾ cup diced potatoes
- In a large kettle, saute' the bacon, carrots, onions and celery in oil until transparent. Add flour, stir constantly; then slowly add water. Add remaining ingredients. Simmer on low heat for approximately 3 hours. Stir frequently. Thin with water if needed. Leftover soup freezes well and is good for a carried lunch.
- Broccoli with Lemon**
- Broccoli is rich in nutrients—terric in vitamin A, vitamin C, many minerals, and fiber.

- 1½ lbs broccoli, cut into pieces
 ¼ tsp salt
 2 tbs margarine
 2 tbs fresh lemon juice
 1 sunkist lemon, cut into wedges
- Put broccoli into a vegetable steamer basket over boiling water. Sprinkle with salt; cover pan tightly. Steam 12-15 minutes or until broccoli is crisp-tender, meanwhile, melt margarine; add lemon juice. Arrange broccoli in a serving dish; drizzle margarine-lemon mixture over broccoli and garnish with lemon wedges. 8 servings.
- Savory Herbed Potatoes**
- 4-5 medium sized potatoes (about 1½ lbs.)
 ½ cup chopped onion
 ¼ cup bread crumbs
 1 bay leaf
 1 cup drained, canned whole peeled tomatoes
 2 cloves garlic, minced
 ¼ tsp thyme
- In a 2 quart microwave dish layer potatoes, tomatoes, onion and garlic. Sprinkle the top with bread crumbs and thyme. Tuck

- bay leaf into middle of mixture. Microwave on high power 10-12 minutes, turning one quarter turn three times. Makes 4 servings.
- Southwestern Stir-Fry**
- 1 pound pork tenderloin, cut in quarters lengthwise and then cut ¼" thick
 2 Tbls. water
 2 tsp. cornstarch
 1 tsp. ground cumin
 1 clove garlic, minced
 ½ tsp. seasoned salt
 1 Tbls. cooking oil
 1 green pepper, seeded and cut into strips
 1 medium onion, thinly sliced
 12 cherry tomatoes, halved
- Combine water, cornstarch, cumin, garlic, and salt in a medium bowl; add pork slices and stir to coat. Heat oil over medium-high heat in heavy skillet. Add pork mixture and stir-fry about 3-4 minutes. Add remaining ingredients, cover pan and simmer for 3-4 minutes. Serve hot with green chili salsa. Serves 4. Calories per serving 227. Preparation time-20 minutes.

No Sugar Jams, Jellies & Pies Preservatives

Warm Springs Community Center
National Employee Fitness Day
Wednesday, May 15th

8:30—No Sugar Apple Pie
 9:00—No Sugar Pear Jam
 9:30—No Sugar Strawberry Jelly

Be sure to visit our booth on National Employee Fitness Day. You'll be surprised at how easy and delicious these jams, jellies and pies are!

These foods make great gifts for family and friends. Recipes will be available.

Deb and Mollie will be giving away no sugar, jams & jellies throughout the morning. Be sure to sign up!

We do make a difference!

There really is a difference! 4-H has something special to offer when it comes to youth development programs. We're different from what you think we are—and we're getting stronger every year.

Did you know that kids who participate in 4-H...

- get better grades than kids who aren't in youth groups.
- learn life skills that help them become more productive adults.
- tend to take on more leadership roles as kids and as adults.

That's the big difference we make!

Support our 4-H programs

Our tradition, as we've already said, is success. But we have a vision, to extend that success. We're broadening the types of programs we offer to kids. We're finding new ways of getting those programs to them; of getting them interested, and keeping them involved.

We're involving more corporations, foundations, associations, and just plain people who want to join us. Everyone has a stake in the future of our kids. We'll all sit down together at the same table—with our kids—and talk to them about what they need and how we can get it to them. That's what we're about in the future.

We value human diversity—we place no constraints on geography, culture, race, religion, physical mental challenges, socioeconomic background or sex. We have the potential—together—to help any kid develop into a productive, contributing adult. How can we ignore that opportunity?

We're changing what we do to meet the needs of kids. But we're not changing what we do for kids. 4-H and youth development programs are successful; we're expanding that partnership to reach more kids more effectively.

Youth development programs in the future will have no boundaries: the world will be our classroom, and our teaching methods will be whatever works best for a given group of kids. We're adapting to meet kids' interests. We're inventing the 4-H and the youth development programs of the future. Land-grant universities, 1890 institutions and Extension Service, USDA are working together to find out how to best teach kids, what they need to know, and how to find the time, money and people to help. Businesses are concerned about a competent work force for the future. They're involved in helping plan programs, in providing their human and financial resources and reaching out to kids at their level to prepare them for exciting new careers.

THINK 4-H!